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WAR FOOD ADMINISTRATION
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EGGS IN SCHOOL LUNCHES

Now is the time to feature eggs in school lunch menus. Approaching their flush season of production, the increased use of this food will offer welcome variety in noon meals at school. So take advantage of the egg supply and plan more meals with eggs. Properly prepared and attractively served, eggs are popular with children. Other points in their favor are:

1. Eggs may be used to meet the protein requirement of Type A or Type B lunches -- alone, or combined with other plentiful protein foods.
2. In addition to protein of high quality, eggs also contribute important vitamins and minerals to the diet.
3. Eggs can be served in many ways in school lunches -- alone, in combination dishes and sandwiches, and in simple nutritious desserts; eggs combine particularly well with other foods.
4. Meals built around the use of eggs will save time in food preparation and fuel as well. Many dishes made with eggs can be prepared quickly, often with top-of-stove cooking facilities.

The ABC of Egg Buying

Buy eggs by grade whenever possible. For economy, suit the grade and the size to the use to which the eggs are to be put. And remember too, that eggs of the same size have about the same food value regardless of grade or shell color. Where Federally graded and labeled eggs are available, the following suggested uses of consumer grades of eggs will be helpful in buying. These grades are applicable to eggs of all sizes. Eggs sold under official State grades and similarly labeled are of comparable quality.

U. S. Grade AA-- found only in a few markets-- are desirable for the diet of convalescents and similar special uses.

U. S. Grade A-- the highest grade available at most markets-- are especially good as breakfast eggs for boiling, poaching or frying.

U. S. Grade B-- a good general purpose egg-- are suitable for both table and cooking use. Eggs of this grade may be used satisfactorily in many main dishes and sandwich fillings as well as for general cooking and baking.

U. S. Grade C-- the lowest quality and cheapest grade on the market-- if properly graded and stored, are also satisfactory for general cooking and baking. The thin white of this quality of egg is often preferred since it beats up more readily than the firmer white of eggs of higher grades.

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Some Ways to Serve Eggs in School Lunches

Main Dishes Featuring Eggs

Creamed eggs -- plain or with potatoes or other vegetables **
Goldenrod eggs served on toast (creamed eggs topped with sieved yolks)
Eggaroni (hard-cooked eggs and macaroni in cream sauce) ***
Eggs creole (made with hard-cooked eggs) ***
Plain or fluffy omelet (served with jelly or citrus marmalade, creamed vegetables, or cheese sauce) ***
Spanish omelet
Vegetable omelet (made with potatoes, onions, spinach, or mixed vegetables) ***
Soya - egg rolls **
Spanish eggs (made with stuffed or sliced hard-cooked eggs)
Hard-cooked eggs--plain whole or stuffed halves
Scrambled eggs -- plain or with tomatoes or onions ***
Egg vegetable cutlets (made with oatmeal) ***
Egg croquettes ***
Egg and vegetable hash
Green salad with hard-cooked eggs **
Stuffed (deviled) egg salad ***
Egg and mixed vegetable salad (egg slaw) ***
Egg and beet salad served on shredded cabbage or salad greens
Egg and potato salad served on shredded cabbage or salad greens
*Casserole of eggs and vegetables
*Scalloped eggs with potatoes or other vegetables ***
*Corn pudding ***
*Vegetable souffle ***

Sandwich Filling Suggestions

Egg salad **
Sliced egg
Chopped egg with pickle
Chopped egg and raw vegetable (onion, carrot, etc.)
Chopped egg and liver
Scrambled egg

Simple Desserts

Soft custard with meringue top (floating island) ***
Prune or other fruit whip - plain or with custard sauce
*Custard rice pudding
*Custard bread pudding
*Baked custard (vanilla, caramel or other flavor)
*Simple cakes or cookies made with eggs

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- * These dishes require baking facilities; all other suggested dishes can be prepared with top-of-stove facilities.
 - ** Quantity recipes for these dishes will be found in "School Lunch Recipes" Misc. Pub. No. 537 USDA
 - *** Family size recipes for these dishes will be found in "Egg Dishes for Any Meal" AWI-89 USDA; adapt these recipes for quantity use.